PREPARATION FOR ALLERGY TEST

Your doctor has ordered allergy testing. The allergy department will contact you to schedule your appointment for testing. At that time, your insurance benefits will be reviewed, as well as when you will need to discontinue taking certain medications. Our office tests for 38 different allergens (pollens, dust mites, molds, cat and dog).

WE DO NOT TEST FOR FOOD ALLERGIES

DO NOT
- Do not take Claritin, Clarinex, Zyrtec, Xyzal or Allegra for 6 days prior to the allergy test.
- Do not take over-the-counter antihistamines (Benedryl, cold & sinus medications, or sleep aids like Tylenol PM) 3 days before the test.
- Do not use antihistamine nasal sprays, Astelin, Astepro or Patinase 3 days before your test.
- Do not take medications such as Tagament, Pepcid or Zantaz 1 day prior to testing, as these contain antihistamine.
- Do not take Singulair 1 day before your test.
- Do not take a tricyclic antidepressant medication. Please inform the allergy clinician if you do. These medications must be stopped 3 weeks prior to the allergy test with the permission of the prescribing physician (not all antidepressant medications are tricyclic).
- Do not take a beta-blocker medication. Please inform the allergy clinician if you do. Beta-blockers are medications for high blood pressure, migraine headaches, heart problems or glaucoma.
- Do not wear cologne, scented body lotion or hair spray. Other allergy patients could be sensitive to fragrances. Deodorant is fine.

TAKING ANY OF THE ABOVE MEDICATIONS CAN ALTER YOUR ALLERGY TEST RESULTS OR MAKE TESTING DANGEROUS! IF YOU ARE UNSURE ABOUT A MEDICATION, PLEASE ASK THE NURSE PRIOR TO YOUR APPOINTMENT.

DO
- You may continue to use steroid nasal sprays such as Flonase (fluticasone), Nasarel, Nasacort AQ, Nasonex, Rhinocort or Veramyst.
- It is not necessary to be fasting or on a special diet for the test.
- Wear a loose, short-sleeve shirt, not sleeveless.
- You may bring a beverage and snacks on the day of the test.

All medications can be resumed after testing. You will schedule an appointment after your test to review the results and possible options for treatment with your Doctor.

In an effort to make this test accessible for all of our patients, we appreciate a week notice for cancellation.